

# **Support and Information Sessions for Parent and Carers On Young People's Emotional Wellbeing and Mental Health Issues**

An opportunity to meet other parents and supportive professionals in a safe relaxed environment

## ***Anxiety***

**Tue 27th March 2018 , 6.30-8.30pm**

Royston Wardieburn Community Centre,  
8 Pilton Drive North, EH5 1NF

## ***Depression and Low Mood***

**Fri 20th April 2018 , 9.30-11.30am**

Gate 55, 55 Sighthill Road, EH11 4PB

## ***Communication with Teenagers***

**Tue 1st May 2018 , 6.30-8.30pm**

Jack Kane Centre, 208 Niddrie Mains Rd

## ***Self Harm***

**Tue 15th May 2018, 6.30-8.30pm**

Southside Community Centre,  
117 Nicolson Street, EH8 9ER

## ***Suicidal thoughts and attempts***

**Fri 15th June 2018 , 9.30-11.30am**

Goodtrees Neighbourhood Centre,  
5 Moredunvale Place, EH17 7LB



**Suitable for parents and carers of 11-18 year olds  
from in and around Edinburgh**



**For more information or to book a place on any of the sessions please contact  
Jillian Hart, Parent and Carer Support Development Officer on 07860 736129 or  
email [jillian.hart@edinburgh.gov.uk](mailto:jillian.hart@edinburgh.gov.uk)**